



Commonwealth of Kentucky Personnel Cabinet

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Thomas B. Stephens, Secretary

FOR IMMEDIATE RELEASE

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Kentucky Employees' Health Plan named national Health Champion

FRANKFORT, Ky. (June 1, 2017) - The Kentucky Employees' Health Plan (KEHP) has been named a Health Champion by the American Diabetes Association. This designation recognizes companies and organizations that inspire and encourage organizational well-being.

"Our goal is to have the healthiest workforce possible, to provide the tools and resources and encourage our members to adopt healthy habits," said Thomas B. Stephens, Secretary of the Personnel Cabinet, which administers the KEHP to more than 260,000 state employees, retirees and others. "We're honored that our commitment to making the health and wellness of our members a priority has been recognized by the American Diabetes Association."

The American Diabetes Association launched Wellness Lives Here™, an initiative designed to inspire healthful habits at work and beyond. As part of that initiative, the Health Champion Designation recognizes a company or organization that meets healthy living criteria in three areas:

1. **Nutrition and Weight Management:** This area includes options such as offering healthy food choices, promoting nutritional information and providing healthy vending options. KEHP offers several resources and

incentives, including Why Weight Kentucky, discounts on healthy foods, and personal nutrition programs to assist members.

2. Physical Activity: KEHP membership is encouraged to participate in physical activity events, competitions and wellness breaks. Rewards are provided for tracking daily physical activity, and for participation in 5Ks, sports leagues and a variety of other physical activities. Rewards are also provided for dependents who participate in sports leagues or teams.
3. Organizational Well-Being: KEHP has a designated LivingWell Program which promotes a myriad of wellness initiatives available to members, a designated wellness director, wellness champions throughout the organization, and a communications team focused on providing health information to members.

The KEHP is one of 24 organizations recognized nationally.

Jenny Goins, Commissioner of the Department of Employee Insurance, which administers KEHP, said, "We have been on our wellness journey for many years and we strive daily to make a difference in the lives of our members. We are committed to championing a culture of wellness for them, their families, and their communities. We're thrilled knowing that this recognition is given to organizations that make health and wellness a priority."

The KEHP will receive the award at the Step Out: Walk to Stop Diabetes 5K run/walk at Keeneland June 3.

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